

BABY AND YOU

Children and Family
Wellbeing
Service

FREE baby play session
Suitable for all birth - mobile

- Sensory play
- Messy play
- Peer support
- Trained staff available for help and advice
- Key messages each week

Mondays 10:00am - 11:30am
Highfield Neighbourhood Centre
Wright Street
Chorley
PR6 0SL

Wednesdays 1:00pm - 2:30pm
Duke St Neighbourhood Centre
Duke Street
Chorley
PR7 3DU

No booking required
Ask at the reception desk, or call
01257 516316/516466 for more information



Lancashire
County
Council 

INFANT MASSAGE

Children and Family
Wellbeing
Service

A FREE 5 week course
suitable for parents with
babies aged 0-6 months

Ask at reception or call 01257 516316/516466 to book your
place or for more information

Duke Street Neighbourhood Centre
Duke Street
Chorley
PR7 3DU

Massage helps:
Attachment and bonding between parent and baby
Soothe baby and allow parents to understand cues
Aid digestion and relieve
colic, wind and constipation



Lancashire
County
Council 

CHAT PLAY READ

Children and Family
Wellbeing
Service

**FREE session perfect for
those aged 2-5 years**

Fun and interactive sessions designed to help
encourage your child's communication skills.

Each session is based around a story, with
rhymes, games and singing associated to the
book of the day.

Every Tuesday 1:30pm - 3:00pm
Clayton Green Library,
Clayton Green Business Park,
Library Road,
Clayton - Le - Woods
Chorley
PR6 7EN

Ask at reception or call 01257
516316/516466
for more information



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Every Thursday 1pm - 2:30pm
Duke Street Neighbourhood Centre
Duke Street
Chorley
PR7 3DU

Ask at reception or call 01257
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for more information



DEVELOPMENT MATTERS

Children and Family
Wellbeing
Service

FREE session perfect for those aged 2-5 years

Join us for fun, interactive activities to develop your child's speech and language, social and emotional skills and sensory development

- Play at home ideas
- Peer support
- Get school ready
- Weekly key messages

Every Tuesday 9:30-11am
Duke Street Neighbourhood Centre
Duke Street
Chorley
PR7 3DU
Telephone 01257 516316/516466



DEVELOPMENT MATTERS

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Join us for fun, interactive activities to develop your child's speech and language, social and emotional skills and sensory development

- Play at home ideas
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- Get school ready
- Weekly key messages

Every Thursday 1-2:30pm
Highfield Neighbourhood Centre,
Wright Street,
Chorley,
PR6 0SL
Telephone 01257 516316/516466



MINI MOVE AND GROOVE

Children and Family
Wellbeing
Service

This FREE session will support your child in adopting a healthy lifestyle. We will provide a safe, sensitive and nurturing space for children to meet and have fun together, promoting physical play and activity.

Every Monday 10:00-11:30am
Duke Street Neighbourhood Centre, Chorley, PR7 3DU
Every Wednesday 1-2:30pm
Highfield Neighbourhood Centre, Wright Street, Chorley,
PR6 0SL

No booking required.
Suitable for toddler-preschool
aged children



Lancashire
County
Council 

MOVE AND GROOVE

Children and Family
Wellbeing
Service

These FREE sessions will support your child to adopt a healthy lifestyle. We will provide a safe, sensitive and nurturing space for children to meet and have fun together, promoting physical play and activity

Suitable for all Primary School aged children

Every Thursday 3:30pm – 5pm
Duke St Neighbourhood Centre
Duke Street
Chorley
PR7 3DU

Call us on 01257 516316/516466
for more information



Lancashire
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Small changes,
big differences.



The Triple P – Positive Parenting Program knows all parents have different needs.

That's why Triple P has many different ways for you to get your parenting help. So, you can choose what will suit you and your family best.

See below brief information about our Triple P courses available: -

Group Triple P 2yrs – 12yrs –

Group Triple P positive parenting programme is a multi-level system of family intervention for parents of children who have, or are at risk of developing, behaviour problems.

Group Triple P system has been designed as an early intervention strategy within a prevention framework. It is not for parents/carers of children with anxiety or emotional problems. Or for parent/carers of children whose behaviour is just at school. The child needs to be living with the parent/carer who is going to do the course.

Group Teen Triple P 12-16yrs

Group Teen Triple P is a positive parenting programme which can help parents and carers cope positively with some of the common issues associated with raising a teenager. The sessions give parents an opportunity to explore ways they can build a stronger relationship with their teenager, reduce conflict, manage problem behaviours and help their teen stay safe.

Group Teen Triple P helps parents make small changes in the way they handle things which can make big differences to the whole family. Group Teen Triple P is all about early intervention by means of catching the misbehaviour before it escalates to crime or anti-social behaviour. The teenager needs to be living with the parent/carer to do the program.

Stepping Stones Triple P 2yrs – 12yrs

Stepping Stones Triple P has been developed for parents or caregivers of children aged 2-12yrs with a DIAGNOSED developmental disability, such as Down's syndrome or ASD or ADHD, in addition to moderate or severe behavioural problems. Stepping Stones is based on Triple P's positive parenting strategies. It helps parents manage problem behaviour and developmental issues common in children with a disability. Stepping Stones Triple P is suitable for parents, step parents and carers of children aged 2-12 years. The child needs to be living with the parent/carer to do the program.

Group Lifestyle Triple P 5yrs – 10yrs

Group Lifestyle Triple P is an adaptation of Level 4 Group Triple P and is a multi-component intervention for families with overweight or obese children. The aim of the program is to help parents develop effective strategies for managing their child's weight by introducing gradual permanent changes to their family's lifestyle [e.g. healthier family eating, increased physical activity]. Group Lifestyle Triple P consists of ten 90-minute group sessions and four telephone support calls. Parents who benefit are those who have children aged between 5 and 10 years and are concerned about their child's weight and activity level. Parents need to be able to commit to up to 6 months of regular contact and be willing to make changes in their whole family's lifestyle.

www.triplep.net



Chorley Family Zone



HEALTHY RELATIONSHIPS

Children and Family
Wellbeing
Service

A six-session structured programme for couples experiencing challenging times in their relationship, or just struggling to communicate positively.

This FREE course will develop your understanding of arguments, give you strategies to communicate in a more helpful way and teach you resilience tools for the future.

For more information call:
01257 516316 / 516466



Freedom for Children

The Freedom for Children course is available for children age 5-11 years.

The FREE course is for children who have witnessed and experienced domestic abuse in the household. To help your child identify healthy and unhealthy relationships.

Call: **01257 516316** or **01257 516466** for more details or to book your child on our next course.



www.lancashire.gov.uk

Children and Family
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INSIDE OUT

Call **01257 516316/516466** for more information or to book your child's place

Does your child get angry or emotional in certain situations?

This FREE course is designed to help children develop coping strategies to allow them to manage social and emotional demands more effectively.

They will learn to manage their own emotions and understand the emotions of those around them. We will support your child to build a resilience tool kit which they will be able to continue to use after the course ends.

Group sessions available 3.30pm - 5pm:
7-11 Years (KS2)



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FREEDOM PROGRAMME

THIS COURSE IS
FREE OF CHARGE

NO EXCUSE FOR ABUSE

Have you or do you suffer from domestic abuse?

Our FREE 12 week course is delivered in one of our centres in Chorley.

CFW trained staff will help you to identify the various signs of dominant behaviour. We offer a safe space where you can discuss concerns you may have and meet other women in the same or similar situation.

If you wish to attend please call us today on 01257 516316/516466

Horizons

Children and Family
Wellbeing
Service

Are you struggling with low mood, anxiety or do you feel isolated?

Join our small, supportive and friendly peer support group, to explore strategies to boost your confidence and wellbeing

This is a FREE 6 week course

Friday mornings at
Highfield Neighbourhood
Centre

Please ring 01257
516316/516466 for more



PARENTS TO BE

Children and Family
Wellbeing
Service

Our FREE course is delivered over 2 consecutive weeks, 2 hours a session and is available to all expectant parents who have had their 20 week scan and live in the Chorley area. We look at providing practical support and information:

- Safer Sleep
- ICON - Coping with crying
- Home safety
- Baby communication
- Early play
- Care of new-borns

Two consecutive weeks on a Friday
1pm -3pm

Duke Street Neighbourhood Centre
Duke Street
Chorley
PR7 3DU

Call 01257 516316/516466 or visit the
reception desk to book your place



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COLOURFUL FOOTSTEPS

Children and Family
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These FREE sessions are for children aged 5-11yrs with SEND (or undergoing assessment) and offers an inclusive environment, with opportunities for learning development and friendship, and a place where parents can access peer support

Wednesdays 3:30-5:00
Duke Street Neighbourhood Centre
Duke Street
Chorley
PR7 3DU

Ask at reception or call
01257 516316/516466
for more information



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TRANSITIONS

Children and Family
Wellbeing
Service

FREE session perfect for those age 2-5 years.

Fun activities for children and parents that develop child's learning, social skills and practical skills in preparation for starting school

Every Thursday 10:00am - 11:30am
Highfield Neighbourhood Centre
Wright Street
Chorley
PR6 0SL

Call 01257 516316/516466 for more information



MOVING ON UP

Children and Family
Wellbeing
Service

A FREE 6 week course for year 6 pupils to help them develop skills in preparation for secondary school.

Fridays Term Time
Duke Street
Neighbourhood Centre
3:30pm—5:00pm

Ask at reception or call
01257 516316/516466

